



ACTIVITIES
for children

ONE FRIDAY FOR CHILDREN

The aim of **ONE FRIDAY** is to retell the story of the last hours of Jesus' life on earth in new and creative ways with people inside and outside the church. For hundreds of years Christians have used the Stations of the Cross as a device to remember and retell the story. In recent years the Biblical Stations of the Cross, which we have used below, have become the standard form.

Each part of the story has a theme associated with it. These themes connect the story with aspects of everyday life and experience. We hope they will allow children to draw on their own lives and experiences in exploring the story. As the children travel from one station to another, they will feel that they are journeying with Jesus through his last day on earth. Where possible, we should allow children to experience and express their own thoughts and feelings as they hear the story.

HOW TO USE THIS RESOURCE

You could use one of these activities each day at home or at school. Or you could hold an event with 14 "stations" spread around a hall, and ask the children to move from one to another, spending a few minutes at each station.

For each station you will find...

Something to talk about

To introduce each theme there are some questions for the children to discuss.
Try to help the children to talk about their experiences and thoughts.

Something to do

A simple activity helps the children to explore the theme with their eyes and hands.

A part of the Bible story

Short extracts from the Bible story take you through the last 24 hours of Jesus' life. Read the short introduction to set the context. Then read the extract from the Bible story. Or you could invite a child to read it, if they will feel comfortable doing so.

Something to think about

After the Bible passage there is a question for the children to think about. You could talk about this together, or simply have a few moments of quiet for the children to think for themselves.

These resources were prepared by Revd Mina Munns of Flame : Creative Children's Ministry. Mina is an ex-primary school teacher and church children's worker, currently working as a curate in Southwell and Nottingham diocese. There are many more ideas for working with children at www.flamecreativekids.blogspot.co.uk.

Bible passages are from the Easy to Read version, © 2006 by Bible League International.

You will need: pieces of bubblewrap, or a large roll of bubblewrap, spread out

Bubblewrap helps to keep things safe and stop them from breaking

Are there times when you feel afraid?

What makes you feel safe?

Who do you ask for help when you feel afraid?

Hold onto the bubblewrap and think about things that make you afraid.

Pop a bubble and imagine your fear being taken away.

Jesus prays alone

On Thursday night, the night before he died, Jesus went with his friends to a garden just outside the city.

Matthew 26:36-41

Then Jesus went with his followers to a place called Gethsemane. He said to them, "Sit here while I go there and pray." He told Peter and the two sons of Zebedee to come with him. Then he began to be very sad and troubled. Jesus said to Peter and the two sons of Zebedee, "My heart is so heavy with grief, I feel as if I am dying. Wait here and stay awake with me."

Then Jesus went on a little farther away from them. He fell to the ground and prayed, "My Father, if it is possible, don't make me drink from this cup. But do what you want, not what I want." Then he went back to his followers and found them sleeping. He said to Peter, "Could you men not stay awake with me for one hour? Stay awake and pray for strength against temptation. Your spirit wants to do what is right, but your body is weak."

Jesus knew that the next day a terrible thing would happen to him and he was afraid. Even his friends couldn't stay awake long enough to keep him company. Jesus prayed to God, his Father, putting the future in his hands. Even though he was afraid, Jesus knew that he was not alone. He wanted to do what God asked.

Have you ever asked God to help you when you feel afraid?

You will need: picture postcards or pictures of friendship groups (if you have them) cut into 'shards' and mixed up

When a friend lies to us or does something to hurt us, it can make us feel broken and mixed up.

Try to put one of the pictures back together again.

Will it ever look the same as it did before?

Have you ever been lied to or let down by a friend?

What does it feel like?

How did you try to make things better?

Jesus is arrested

The religious leaders hated Jesus and wanted to get rid of him. They had given money to Judas, one of Jesus' friends so that he would betray him. Judas kissed Jesus so the people who had come to capture him would know who he was.

Mark 14: 43-46

While Jesus was still speaking, Judas, one of the twelve apostles, came there. He had a big crowd of people with him, all carrying swords and clubs. They had been sent from the leading priests, the teachers of the law, and the older Jewish leaders.

Judas planned to do something to show them which one was Jesus. He said, "The one I kiss will be Jesus. Arrest him and guard him while you lead him away." So Judas went over to Jesus and said, "Teacher!" Then he kissed him. The men grabbed Jesus and arrested him.

Judas had turned against his friend and was now helping Jesus' enemies. Here the story becomes quite violent. One of Jesus' other friends drew his sword and cut off someone's ear, angry that Jesus had been arrested. It seemed very unfair because he had done nothing wrong.

How does it feel when something unfair happens to you? What do you do?

You will need: a washing line hung with pictures of famous people, places, foods; red and green stickers.

Look at the pictures on the washing line. Pretend to be a judge. Put a green sticker on the pictures of people and things that you like and a red sticker on the pictures of people and things that you don't like.

Choose one of the pictures. Why did you choose to give it a red or green sticker? Was it hard to choose for some of the pictures?

We make judgements about people all the time without knowing everything about them.

Have you ever changed your mind about something or someone?
Why did you change your mind?

Jesus is taken to court

The Jewish leaders brought Jesus to their court to judge him. They asked him who he was. They really wanted Jesus to say that he was the Messiah or God's chosen one because then they could accuse him of insulting God and they could put him to death. Jesus knew that they were trying to trap him so he didn't give them a straight answer.

Luke 22:66-71

The next morning, the older leaders of the people, the leading priests, and the teachers of the law came together. They led Jesus away to their high council. They said, "If you are the Messiah, then tell us that you are."

Jesus said to them, "If I tell you I am the Messiah, you will not believe me. And if I ask you, you will not answer. But beginning now, the Son of Man will sit at the right side of God All-Powerful."

They all said, "Then are you the Son of God?" Jesus said to them, "You are right in saying that I am."

They said, "Why do we need witnesses now? We all heard what he said!"

Who do you think Jesus is?

You will need: pipe cleaners

Choose a pipe cleaner in a colour that you like; then chooses a pipe cleaner for one of your friends. Twist the pipe cleaners together to make one piece. Then untwist them to make them into two pieces again.

If we are loyal to our friends, we do everything we can to stick up for them and help them. When we are loyal it is like turning our back on them and leaving them behind. We are pulling away from them and letting them down.

Have you ever let one of your friends down? How did it feel?

Have you ever stood by and seen a friend in trouble but been too afraid to help?

Did you try to make things better?

Peter is afraid to say he knows Jesus

Peter was one of Jesus' best friends. We normally expect our best friends to stick up for us when we are in trouble, but Peter was afraid. Three times Peter said that he didn't even know Jesus.

When he realized what he had done, Peter was ashamed and upset. He felt he had seriously let Jesus down.

Matthew 26: 69-75

While Peter was sitting outside in the yard, a servant girl came up to him. She said, "You were with Jesus, that man from Galilee." But Peter told everyone there that this was not true. "I don't know what you are talking about," he said. Then he left the yard.

At the gate another girl saw him and said to the people there, "This man was with Jesus of Nazareth." Again, Peter said he was never with Jesus. He said, "I swear to God I don't know the man!"

A short time later those standing there went to Peter and said, "We know you are one of them. It's clear from the way you talk."

Then Peter began to curse. He said, "I swear to God, I don't know the man!" As soon as he said this, a rooster crowed. Then he remembered what Jesus had told him: "Before the rooster crows, you will say three times that you don't know me." Then Peter went outside and cried bitterly.

If you had been Peter, what do you think you would have done?

You will need: large sticks in a vase or container; lengths of coloured wool

Tie a piece of wool around the sticks. Make a tight knot.

When we are powerless, it feels as if we are tied up and can't move or do what we would like to do.

Has someone ever stopped you from doing what you wanted to?

How did that feel?

Why do you think they did that?

Why is it hard when someone tells you what to do?

Governor Pilate questions Jesus

Jesus was tied up and taken to the most powerful person in the area. Governor Pilate had the power to save Jesus or to put him to death. He had lots of power. Jesus was tied up. He had no power at all. He couldn't escape. All Jesus could do was stand there and answer Pilate's questions.

Pilate couldn't understand why Jesus didn't try to stick up for himself more. Why wasn't he trying to save himself? But Pilate didn't have all the power. The crowd of people watching had power too. In the end, Pilate didn't want to upset the crowd. He sent Jesus to be killed

Mark 15: 1-5 and 15

Very early in the morning, the leading priests, the older Jewish leaders, the teachers of the law, and the whole high council decided what to do with Jesus. They tied him, led him away, and handed him over to Governor Pilate.

Pilate asked Jesus, "Are you the king of the Jews?"

Jesus answered, "Yes, that is right."

The leading priests accused Jesus of many things. So Pilate asked Jesus another question. He said, "You can see that these people are accusing you of many things. Why don't you answer?"

But Jesus still did not answer, and this really surprised Pilate.

Pilate wanted to please the people, so he set Barabbas free for them. And he told the soldiers to beat Jesus with whips. Then he handed him over to the soldiers to be killed on a cross.

Who do you think had most power in this part of the story?

TORTURE

6/14

You will need: a life-size outline of a person (wallpaper lining is perfect for this.) Scissors, pens.

Use the scissors to make a cut in the shape of the person. Inside the shape, use the pens to write the names that people have called you (or others) when they have made fun of you.

When people make fun of us, hurt us and call us names, it is like pieces of us are being cut.

Has anyone ever made fun of you or called you names?

How did it make you feel?

Why do you think they did this?

Who can you ask for help when people hurt you?

Jesus is beaten up

The religious leaders hated Jesus and wanted to get rid of him. They had given money to Judas, one of Jesus' friends so that he would betray him. Judas kissed Jesus so the people who had come to capture him would know who he was.

John 19:1-3

Then Pilate ordered that Jesus be taken away and whipped. The soldiers made a crown from thorny branches and put it on his head. Then they put a purple robe around him. They kept coming up to him and saying, "Hail to the king of the Jews!" And they hit him in the face.

When Pilate had handed Jesus over to the guards, they took him away and hurt him. The guards dressed Jesus up as a pretend king, called him names, made fun of him, hit him and pushed a painful, thorny crown on his head. They didn't seem to care that Jesus was a person. They just wanted to bully him, make him suffer and have their fun.

How could you help someone you saw being bullied or suffering?

You will need: sand or flour, weighing scales with a dial rather than an electronic scale.

Add a spoonful of flour or sand to the bowl on the scales. Watch the scale move as the weight of the bowl gets heavier.

What is the heaviest thing you have ever carried?

How long could you carry it for?

Have you ever carried something for someone else?

How did it feel to carry it for them?

Do you ever worry about other people- your friends or family?

Jesus is made to carry his own cross

Now Jesus is taken to be killed on a cross. He would have had to carry part of the cross on his back and walk some distance with it. The part he carried would have been very heavy and Jesus would already be weak from his injuries. It is likely that Jesus would only be able to walk slowly and he would be in a lot of pain.

John 19:6, 15-17

When the leading priests and the Jewish guards saw Jesus they shouted, "Kill him on a cross! Kill him on a cross!"

But Pilate answered, "You take him and nail him to a cross yourselves. I find nothing I can charge him with."

They shouted, "Take him away! Take him away! Kill him on a cross!"

Pilate asked them, "Do you want me to kill your king on a cross?"

The leading priests answered, "The only king we have is Caesar!"

So Pilate handed Jesus over to them to be killed on a cross.

The soldiers took Jesus. He carried his own cross to a place called "The Place of the Skull."

Christians believe that, when he went to die, Jesus also took the weight of the things we have all done wrong. He took them from us and carried them himself.

In your head, think of something you wish that you hadn't done.
Imagine giving it to Jesus to carry.

You will need: A bowl of sweets

Take a sweet from the bowl and eat it.

What is the best present you have ever been given?

What is the best present you have ever given to someone else?

What "gifts" do you have? (ie things that you are good at.)

How could you use them to help someone else?

A stranger helps Jesus

Mark 15:21

There was a man from Cyrene named Simon, walking into the city from the fields. He was the father of Alexander and Rufus. The soldiers forced him to carry Jesus' cross.

We can guess that Jesus was finding it hard to carry his cross and that he maybe even fell because it was so heavy for him.

The soldiers who were guarding Jesus as he walked, pulled someone from the watching crowd and forced him to help Jesus. This man's name was Simon and he was visiting from another country.

It must have been a great relief for Jesus to have some help. In a way, Simon gave a great gift to Jesus that morning on the way to the cross.

Has someone ever helped you in an unexpected way when you were struggling with something?

You will need: water coloured with food colouring, pipettes or droppers, (a straw dipped in the water and allowed to drip over the paper will also work.) Watercolour paper.

Choose a colour of water and drip a few drops onto the paper.

When was the last time you cried?

What makes you cry?

Can crying ever be a good thing?

Who or what helps you to stop crying?

Jesus cries with his mother

Luke 23:27-31

A large crowd followed Jesus. Some of the women were sad and crying. They felt sorry for him. But Jesus turned and said to the women, "Women of Jerusalem, don't cry for me. Cry for yourselves and for your children too. The time is coming when people will say, 'The women who cannot have babies are the ones God has blessed. It's really a blessing that they have no children to care for.' Then the people will say to the mountains, 'Fall on us!' They will say to the hills, 'Cover us!' If this can happen to someone who is good, what will happen to those who are guilty?"

As he continues his journey, Jesus meets some women on the road. The women are crying because they are so sad and upset about what is happening to him. Jesus is sad for them too. He knows that bad things will happen in the future and he wants the women to be ready to face the trouble. The women care for Jesus and Jesus cares for them. They share a special moment of shared concern and kindness.

When you are upset, is it possible to help someone else who is also sad?

You will need: laminated pieces of paper or small dry-wipe boards, dry-wipe pens, wet wipes or damp cloths.

On the whiteboard, draw or write something you are sorry for doing.
Then rub it out with a cloth to make the board clean again.

Forgiving someone is a bit like giving them a clean start after they have done something wrong.

Have you ever asked someone to give you a new start when you have done something wrong?

How does it feel when someone forgives you?

Jesus forgives the people who are killing him

Crucifixion is a painful and cruel way to die. Even when he must have been in terrible pain, Jesus was worried about other people. Instead of shouting at them, Jesus asked God, his Father, to forgive the people who were hurting him. Even though they were doing something absolutely horrible to him, Jesus asked God to give the soldiers a new start.

Luke 23:33-34

They were led to a place called "The Skull." There the soldiers nailed Jesus to the cross. They also nailed the criminals to crosses beside Jesus—one on the right and the other on the left.

Jesus said, "Father, forgive them. They don't know what they are doing."

The soldiers threw dice to divide Jesus' clothes between them.

Forgiving people when they have hurt us can be very hard and it can take a very long time. Sometimes we have to work hard to even want to forgive people. Jesus shows us that, even in the worst situations, forgiveness can be possible.

What do you think the soldiers felt about what they were doing to Jesus?

You will need: scratch art sheets, scratch tools or cocktail sticks

Use the sticks to scratch away the black paint and make a picture where the colour shines through.

When we have hope, it is like colour breaking through darkness.

What does hope feel like to you?

What do you hope for in the future?

Jesus tells another victim it will be OK

Luke 23:39-43

One of the criminals hanging there began to shout insults at Jesus: "Aren't you the Messiah? Then save yourself, and save us too!"

But the other criminal stopped him. He said, "You should fear God. All of us will die soon. You and I are guilty. We deserve to die because we did wrong. But this man has done nothing wrong." Then he said, "Jesus, remember me when you begin ruling as king!"

Then Jesus said to him, "I promise you, today you will be with me in paradise."

One of the thieves made fun of Jesus.

The other one asked him for help.

What do you think the first thief felt when he heard Jesus tell the second thief that they would be together in paradise?

You will need: Lego or Duplo bricks of various sizes and colours.

Choose a brick for yourself and each member of your family.
Fit them together and then join them to the bigger structure.

What is a family?

Who is in your family?

Who else would you choose to be in your family? Why?

Choose a brick for them and add them to your family pile.

Jesus says goodbye to his family

Jesus' family and friends are gathered around the cross, standing with Jesus in his pain. Who knows what they are thinking and feeling, but it must have been incredibly hard for them to watch Jesus die. Losing a family member can be like having something snatched away from you. Nothing will ever be the same again.

John 19:25-27

Jesus' mother stood near his cross. Her sister was also standing there with Mary the wife of Clopas, and Mary Magdalene. Jesus saw his mother. He also saw the follower he loved very much standing there. He said to his mother, "Dear woman, here is your son." Then he said to the follower, "Here is your mother." So after that, this follower took Jesus' mother to live in his home.

Even as he was suffering on the cross, Jesus wanted to help his family and friends in their suffering. Jesus knew that his family would be broken up by his death so he helped them to build a new family that would support each other when he had gone. Jesus joined Mary, his mother, and John, his friend, together as a new mother and son team. He could die knowing that they now had each other.

How would you feel if you were Mary in this part of the story?

You will need: glass pebbles, foil, a box with a lid

Wrap a glass pebble in a piece of foil and carefully place it into the box.
Put the lid on the box.

What is death?

Do you know a pet or a person who has died?

What do you think will happen after you die?

Jesus dies

After about three hours of painful hanging on the cross, Jesus died.

Luke 23:44-46

It was about noon, but it turned dark throughout the land until three o'clock in the afternoon, because the sun stopped shining. The curtain in the Temple was torn into two pieces. Jesus shouted, "Father, I put my life in your hands!" After Jesus said this, he died.

As he died, Jesus put himself into God's hands. It was a dramatic moment. The sun stopped shining and, in the temple, a massive curtain that separated the holiest place from the rest of the temple was torn in two. Something very important had obviously happened. For now, though, Jesus was dead and it seemed as if the end of his story had come.

When Jesus died the sun stop shining.

What do you think the people who saw this thought?

You will need: recycling materials, scissors, sellotape, play dough

What would you like to do in the future?

What would you like to happen for your family or the world?

Make a model that shows something about your dreams

What happened next

After he had died, Joseph, one of Jesus' friends, came to take his body to be put in a tomb. Joseph wanted to make sure that Jesus' body was treated with respect and made ready properly. There was a problem, though. It was nearly time for the Jewish Sabbath day when nobody was allowed to do any work. So Joseph wrapped Jesus' body in a fresh, new cloth and put it into the tomb. He then put a large rock in front of the entrance so that no one could touch Jesus until after the Sabbath day.

Matthew 27:57-60

That evening a rich man named Joseph came to Jerusalem. He was a follower of Jesus from the town of Arimathea. He went to Pilate and asked to have Jesus' body. Pilate gave orders for the soldiers to give Jesus' body to him. Then Joseph took the body and wrapped it in a new linen cloth. He put Jesus' body in a new tomb that he had dug in a wall of rock. Then he closed the tomb by rolling a very large stone to cover the entrance. After he did this, he went away.

Today there was nothing more that Jesus' friends could do.

Tomorrow they would need to make a new plan. And tomorrow might be a day of hope and new possibilities. Tomorrow might be a day of miracles...

What are you excited about for the future?



For more information visit



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info@onefriday.info

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